

October 2024 -

“For every minute you are angry with someone, you lose 60 seconds of happiness that you can never get back.”

— Anon

PARISH POST

Benefice of Veryan with Ruan Laniorne

Sunday Service Times (see back page for more details)

VERYAN

EVERY SUNDAY 11.00 AM

RUAN LANIHORNE

1ST SUNDAY
Holy Communion 9.50 AM

3RD SUNDAY

Matins 9.50 AM

PORTLOE

1ST - 3RD SUNDAY

Morning Worship 10.50 AM

4TH SUNDAY

Holy Communion 10.50 AM

Celebrating Community Spirit in Veryan During Harvest Time

(page 3)



Do you know anyone who would like to receive our newsletter?
Do you have an interesting story to share?
email:
veryanparishnewsletter@gmail.com



A Glorious Day at the 92nd Annual Roseland Autumn Show

The 92nd Annual Autumn Show, held in September, was a testament to the spirit and camaraderie of our community. With the catchphrase “Give it a go at the autumn sow,” we encouraged everyone to participate and celebrate the abundance of creativity and talent in Roseland.

(continued on pg2)



When a train goes through a tunnel and it gets dark, you don't throw away your ticket and jump off. You sit still and trust the engineer. - Corrie ten Boom



Highlights of the Show

The Veryan & District Autumn Show is the only “open” show in the area, allowing entries from beyond our local village. The result was over 500 stunning entries from people all across Roseland! Our key message resonated throughout the event—it’s not about winning; it’s about being part of something truly special.

Entries and Participants

Despite warnings of torrential rain, the weather cleared up just in time, the sun shone throughout the afternoon!

The entries were fantastic, ranging from jams and heavy cakes to dahlias, cacti, photography, and even handwriting. There was something for everyone.

The judges were impressed by the evident skill and dedication that went into each entry. It was heartening to see more young children participating this year, and we hope this trend continues next year.

Musical Notes and Community Spirit

St Anthony’s Noise provided a fantastic musical backdrop, adding a special touch to the afternoon’s festivities. Their performance was a beautiful complement to the cheerful buzz of the show.

A personal highlight for me was witnessing old friends reconnecting, sipping tea, and enjoying cake under the warm sun. If you could capture the essence of “community” in a tin, this show would be it.

Acknowledgements

A special thank you goes to Gilbert Grigg for his exceptional role as the auctioneer—your enthusiasm made the auction a memorable event. We are also grateful to the Women’s Institute for serving a delightful afternoon tea.

Call for Volunteers

Thank you to each of our committee members who work tirelessly to organize such a grand show. However, to continue this tradition, we need more helping hands. If you’re interested in volunteering, please contact Margaret Cortis. Your support can make a significant difference.

In closing, this year’s Autumn Show was a celebration of our community’s togetherness and creativity. Thank you to everyone who participated and attended. We are already planning next year!



What's gone on?

A summary of what's been going on in the village and surrounding areas

Celebrating Community Spirit in Veryan During Harvest Time

This harvest season Veryan Church, Veryan School, and Veryan Shop joined forces to drive donations for the Truro Foodbank.

Harvest is traditionally a time of thanksgiving, a moment to express gratitude for the abundance provided by nature. In biblical terms, it's a time to thank God for His blessings and to reflect on the importance of sowing seeds not just in the soil, but also in the hearts of those in need.

In recent years, the focus of harvest celebrations has increasingly shifted towards giving back to the community. This year, the collaboration of our village's pillars has exemplified this shift, allowing us to embody the essence of giving and truly do God's work.

The Veryan School Harvest service was a heartwarming event that demonstrated to our children how their altruistic contributions can make a real impact. It taught them the value of empathy and generosity, emphasizing that even small efforts can lead to significant change in the world.

Looking forward, the Harvest Evensong service promises to be another wonderful event, bringing together our community in a shared spirit of thanksgiving and support.

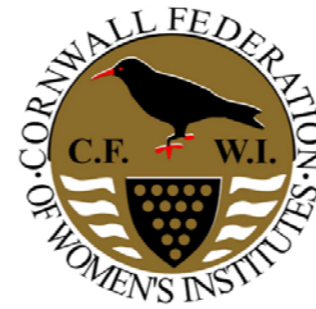
This joint initiative reflects not only the strength of community spirit here in Veryan, but also the power of collaborative efforts in making a meaningful difference. It's a reminder that when we come together, united by a common purpose, our collective actions can create ripples of change far beyond what we could achieve individually.

The church has been adorned with flowers and displays to reflect the autumn harvest time, thank you to the volunteers who worked hard to put the displays together, they look beautiful

We are grateful to everyone who contributed, from those who organized and facilitated the events, to those who generously donated.



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	6			7	8	4	
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Veryan Women's Institute

At our September meeting we were delighted to welcome Karen Butfield to give us an up to date talk on the amazing work of the Cornwall Air Ambulance. It is funded entirely by charity and each mission costs £5,000. In 2023 they carried out over 1,000 missions. 'Time is of the essence' with a lot of medical incidents and of course this is where the Air Ambulance makes such a difference. As the number of missions continue to rise there is a need for a second helicopter to cover Cornwall and the Isles of Scilly, so fund raising for this is ongoing at present. None of us

know when we might be glad to use the services of the Air Ambulance!

The main topic of our Business Meeting was finalising arrangements for the Veryan Autumn Show on Saturday 21st September as we provide teas and delicious home baked cakes etc.,

Our next meeting will be on Tuesday 1st October when Nigel Hall will speak to us from REACT (Roseland Environment Action Community Team) in the Parish Hall at 7.30pm

Visitors and potential members are very welcome.

For more details phone Mary Earp on 01872 501636



Veryan CE Primary School

The autumn term at Veryan Primary School has kicked off with a flurry of activity and excitement. Our new students have settled in admirably, adapting to fresh routines and forming new friendships. It's wonderful to witness how quickly they are feeling at home in our school community.

Autumn Show Success

One of the highlights so far has been our involvement in the Autumn Show. Our students thoroughly enjoyed participating, and the transformation of the school to host the event was

so much fun. We opened our doors to prospective parents, offering them the opportunity to chat with our teachers and experience the welcoming atmosphere that makes our school special. It was great to see so many people reminiscing about their own school days here, sharing stories and memories as they toured the school.

Wildlings Stay and Play

Our rebranded Stay and Play sessions, now known as Wildlings, have been met with enthusiasm and success. Held every Friday in the school field yurt, these sessions offer an alternative drop-in for parents and toddlers on the Roseland Peninsula. With a focus on exploring the great outdoors, Wildlings provides a unique opportunity for young ones to learn and play alongside our teaching staff.

Educational Adventures and Sports

Kiberick Class recently embarked on an educational trip to Truro Museum, where they continued their study of Romans. The visit was a fantastic opportunity to bring history to life and deepen their understanding of this fascinating era.

In sports news, a few of our students are set to visit The Roseland School to participate in a netball game as part of the Roseland multi-sports activity. It's a great way for them to engage in teamwork and physical activity while representing our school.

Harvest Festival Celebration

Lastly, our Harvest Festival held in the church with Reverend Douglas Wren was a beautiful occasion. It was a moment to reflect on the season's bounty and express gratitude as a community.

Thank you for your continued support. We're looking forward to more inspiring activities and events this term. Feel free to pop by or get involved in our upcoming events. Whether you're a current parent, a former student, or a member of our community, there's always a place for you at Veryan Primary School.

Community Gardens Officially Open!

On Saturday, October 5th, a small yet enthusiastic group gathered to commemorate the opening of our community's parish allotment and orchard. This momentous occasion marks the culmination of years of planning and dedication by our local parish council and the allotment committee.

The vision for these allotments has been simmering for several years, and in 2023, the site off Pendower Road was selected as the perfect location. By May, plots were allocated to community members who brought their unique plans and aspirations to their new gardening spaces.

It's been inspiring to see the diversity of approaches taken by plot holders. Some have jumped right in, keen to grow produce immediately, while others have taken a strategic path, using methods like covering plots to eliminate grass before cultivation.

Luke Dunstone, chair of the parish council, had the honour of officially opening the allotments. He expressed gratitude to the allotment committee for their relentless efforts in bringing this project to life. Without their commitment, this opportunity for community engagement and sustainable living would not have been possible.

Exciting news for those yet to join—there are still plots available! If you're interested in becoming part of this vibrant gardening community, please reach out to the allotment committee via Facebook. It's a unique chance to cultivate your own produce, exchange ideas with fellow gardening enthusiasts, and contribute to a greener neighbourhood.

Additionally, there's an opportunity to "sponsor an apple tree" in our community orchard. This initiative not only supports the orchard's development but also offers a lasting way to leave your mark on the community. please contact Janet Webb for more information



The Opening Ceremony

Bunting lines the lane
Pennants pointing to the ground
We're not the first ones here
Already there's a sound

Of Bob and mower
Doing lines
Then blowing, re-mowing
A barn defined
In fresh mown stubble
Making hay
It's raked and piled
Much blown away

Wind and sun we'll soon forget
When in three hours those left get wet!

~~~~

But first a cause for celebration  
O'er the product of negotiation  
With mandarins whose life's vocation  
Is doing good by regulation

Consideration  
'It takes as long as it takes'  
To consult with those who have a stake  
In the patch of land off Pendower Road  
Where good intentions reportedly sowed  
Ambitions for allotmenting  
For pioneering, engineering  
Clearing, rearing, persevering

Progress seemed so slow and tortured  
To establish roots in a community orchard  
But permission came, a fine decision  
And any grumbles of derision  
Withered.

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The crowd gathers around
And speeches are made
A ceremonial sod
A redundant long handled spade

The here and the now is smiles and good cheer
Canapés, cake, and a barrow of beer
'It looks good'
'It's coming on'
'I'll tell ee what ee need'
'Do dig'
'Don't dig'
'The right kind of seed'

Children run, giggle, and roll down the pathways
Their elders eat
Drink
Reminisce of the old ways

Afore wind starts to whip up the promise of rain
To fall on the gardens and slake them.
Again.

So we pack up the table and dream of the crop
That next year will bring
As we feel the first drop.

by Martyn Stephens

What's coming up?

A summary of upcoming events in the village and surrounding areas

Philleigh Folk & friends

Geoff Lakeman & Rob Murch

Thurs 10th Oct @ 7.30pm
Veryan Sports & Social Club, TR2 5UW

Tickets **£10**

on the door
→ visitruro.org.uk
01872 274555
philleighfolk@btinternet.com

VISIT TRURO
TICKET
OFFICE

Veryan Church presents

CONCUR

a recorder ensemble from Germany

FRIDAY 18TH OCTOBER
5.30PM

with light refreshments

Roseland Fundraising Group invites you to a

BAKED POTATO LUNCH

at Veryan Parish Hall

Thursday 31st

OCTOBER
12 for 12.15
£10 PER PERSON

Includes various fillings & a pudding.
Drinks available to purchase.

Tickets available from- Margaret 01872 501256 / Phyllis 01326 270731 or Chris 01872 580220

There will be a raffle and stalls.

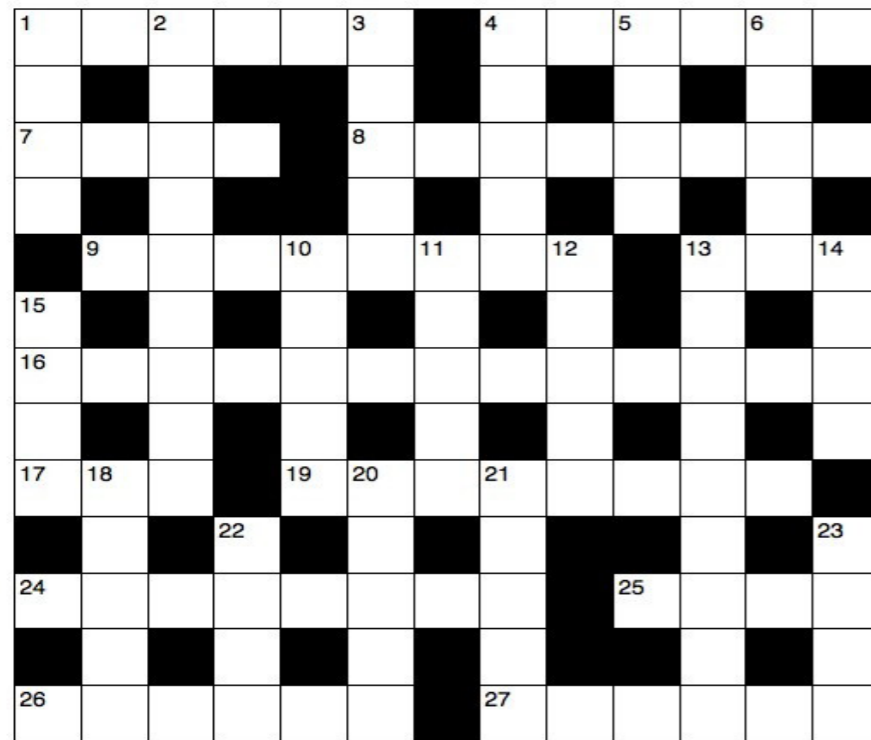
Scan here to donate!

WILL KEATING & SPECIAL GUESTS
Winter Candlelit Concert Tour 2024/25
Tickets £10 in advance (£12 on the door)

Veryan Church
Saturday November 9th
@ 7.30

WWW.WILLKEATINGCORNWALL.COM/TICKETS

Let's take a pause...



Across

- 1 He must be 'the husband of but one wife and must manage his children and his household well' (1 Timothy 3:12) (6)
- 4 'For we must all — before the judgement seat of Christ' (2 Corinthians 5:10) (6)
- 7 'They reeled and staggered like drunken men; they were at their — end' (Psalm 107:27) (4)
- 8 See 19 Across
- 9 It concerned who among the disciples would be the greatest (Luke 9:46) (8)
- 13 Formed by the Jews in Thessalonica to root out Paul and Silas (Acts 17:5) (3)
- 16 'He has sent me to bind up the — ' (Isaiah 61:1) (6-7)
- 17 Moved rapidly on foot (Matthew 28:8) (3)
- 19 and 8 ' — a great company of the — host appeared with the angel' (Luke 2:13) (8,8)
- 24 Hindrance (Romans 14:13) (8)
- 25 Comes between Luke and Acts (4)
- 26 Empower (Acts 4:29) (6)
- 27 'Get these out of here! How dare you turn my Father's house into a — !' (John 2:16) (6)

Down

- 1 Sunrise (Psalm 119:147) (4)
- 2 The part of the day when Cornelius the Caesarean centurion had avision of an angel of God (Acts 10:3) (9)
- 3 He was one of those who returned with Zerubbabel from exile in Babylon to Jerusalem (Nehemiah 7:7) (5)
- 4 'No one can see the kingdom of God unless he is born — '(John 3:3) (5)
- 5 Animal hunted or killed as food (Ezekiel 22:25) (4)
- 6 'He encouraged them — — remain true to the Lord' (Acts 11:23) (3,2)
- 10 Ruses (anag.) (5)
- 11 Jewish priestly vestment (Exodus 28:6) (5)
- 12 Visible sign of what had been there (Daniel 2:35) (5)
- 13 This was the trade of Alexander, who did Paul 'a great deal of harm' (2 Timothy 4:14) (9)
- 14 'This is my — , which is for you; do this in remembrance of me' (1 Corinthians 11:24) (4)
- 15 One of Noah's great-great-grandsons (Genesis 10:24) (4)
- 18 Traditionally the first British Christian martyr (5)
- 20 Relationship of Ner to Saul (1 Samuel 14:50) (5)
- 21 Jacob had one at a place he named Bethel while on his way to Haran, fleeing from Esau (Genesis 28:12) (5)
- 22 Bats (anag.) (4)
- 23 'You strain out a — but swallow a camel' (Matthew 23:24) (4)

Holy Days for this month

Let's take a look at some significant days and why they are special

4TH AUGUST: JEAN-BAPTISTE VIANNEY CURÉ D'ARS

- *The saint for those whose passion is to help people find peace with God.*

Here is a saint for you if you have lost the person you love. Here is a saint for you if you would not let your wealth and security stop you from doing something daringly good with your life.

Francis Borgia (1510 – 72) certainly began with it 'all'. He was the son of a duke, the great-grandson of Pope Alexander VI, and also of King Ferdinand V of Aragon. He was a fast-tracker in his career: by 18 he was recognised at the Emperor's court, and by 19 he was Viceroy of all Catalonia. Soon he was made Duke of Gandia, and then discovered that his magistrates were corrupt. The first big crisis of his life had arrived.

Francis suppressed the corruption – and paid the price. He was scorned at court. So he retired to his estate, and instead of planning revenge, planned for more good: he began a Dominican foundation and restored a hospital for his grateful people.

Then in 1546 the second crisis of his life hit him: his wife died, leaving him and their eight children stricken with grief. Instead of remarrying, or turning to warfare, Francis resigned his dukedom in favour of his son, and secretly joined the Society of Jesus.

Francis tried hard to conceal his rank, but his ability could not be hidden. After his ordination, his experience in governing all of Catalonia was put to good use – he was made Commissary for Spain and Portugal, where he founded many colleges and other houses. By 1561 he was called to Rome, and in 1565 he was elected General of the Jesuits.

For the remaining seven years of his life, Francis stirred up a whirlwind: reforming the lives of Christians throughout Europe by inspiring and supporting his clergy. He was so zealous that he has been called the Jesuits' second founder. He helped found what would become the Gregorian University in Rome, established a new province in Poland, began missionary work in the Americas, and organised relief for the plague-stricken of Rome. When he finally collapsed, worn out with hard work, he prayed for each of his children and grandchildren in turn, blessing them with a thankful heart before he died.

Francis Borgia was born to worldly greatness, but achieved personal greatness by his indifference to wealth and power: about all he loved God, and wanted to serve Jesus Christ in whatever way presented itself.

18TH OCTOBER ST LUKE THE EVANGELIST

– *linking the sacred and the profane*

To St Luke, a Gentile, we owe the beautifully written Gospel of Luke, and the Book of Acts. He was a Greek physician, a disciple of St Paul, a companion on some of his missionary journeys, and an inspired writer.

Luke's gospel focuses on the compassion of Christ. His gospel contains some of the most moving parables, such as the Good Samaritan and Prodigal Son. This, with his emphasis on poverty, prayer and purity of heart, make up much of his appeal to the Gentles, for whom he wrote.

Women figure more prominently in Luke's gospel than any other: look out for the extended story of the Virgin Birth, and stories of Mary, Elizabeth, and the woman who was a sinner.

In Acts, Luke is remarkably good as linking sacred and profane history, as subsequent archaeology has shown. A principal theme of his Acts is how the early Christians moved away from Jerusalem into the pagan world, and especially on to Rome.

Luke is the patron saint of doctors, surgeons and artists (due to his picturesque style of writing). His symbol is an ox, sometimes explained by reference to the sacrifice in the Temple at the beginning of his Gospel. In England 28 ancient churches were dedicated to him.

31ST OCTOBER ALL HALLOWS EVE, OR HOLY EVENING

Modern Halloween celebrations have their roots with the Celtic peoples of pre-Christian times.

In those long-ago days, on the last night of October, the Celts celebrated the Festival of Samhain, or 'Summer's End'. The priests, or Druids, performed ceremonies to thank and honour the sun. For there was a very dark side to all this: Samhain also signalled the onset of winter, a time when it was feared that unfriendly ghosts, nature-spirits, and witches roamed the earth, creating mischief. So the Druid priests lit great bonfires and performed magic rites to ward off or appease these dark supernatural powers.

Then the Romans arrived, and brought their Harvest Festival which honoured the Goddess Pomona with gifts of apples and nuts. The two festivals slowly merged.

When Christianity arrived still later, it began to replace the Roman and Druid religions. 1st November – All Saints' Day – was dedicated to all Christian Martyrs and Saints who had died. It was called 'All Hallows' Day'. The evening before became an evening of prayer and preparation and was called 'All Hallows' Eve', The Holy Evening, later shortened to 'Halloween'.

For many centuries, however, fear of the supernatural remained strong. During the Middle Ages, animal costumes and frightening masks were worn to ward off the evil spirits of darkness on Halloween. Magic words and charms were used to keep away bad luck, and everybody believed that witches ride about on broomsticks. Fortune telling was popular, and predicting the future by the use of nuts and apples was so popular that Halloween is still sometimes known as Nutcrack Night or Snap-Apple Night.

Today, Christians have learned to turn to prayer instead of charms to overcome the powers of darkness. And the deeper, true meaning of All Hallows' Eve, should not be forgotten. As Christians, we all draw closer to Christ when we remember and give thanks for our loved ones and for others who have gone before us through the gates of death.

Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust and hostility to evaporate. – *Albert Schweitzer*

Answers

D	E	A	C	O	N		A	P	P	E	A	R	
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2	9	1	6	3	7	5	8	4
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4	7	5	8	1	2	3	9	6
7	1	3	9	5	4	8	6	2
9	6	2	1	7	8	4	3	5
8	5	4	3	2	6	1	7	9

ACROSS: 1, Deacon. 4, Appear. 7, Wits. 8, Heavenly. 9, Argument. 13, Mob. 16, Broken-hearted. 17, Ran. 19, Suddenly. 24, Obstacle. 25, John. 26, Enable. 27, Market.

DOWN: 1, Dawn. 2, Afternoon. 3, Nehum. 4, Again. 5, Prey. 6, All to. 10, Users. 11, Ephod. 12, Trace. 13, Metalwork. 14, Body. 15, Eber. 18, Alban. 20, Uncle. 21, Dream. 22, Stab. 23, Gnat.

Services & Parish information

Readings & Services for Veryan

Date	Time	Service	Clergy / Leader	Readings	Reader
6 October 2024	18:00	Harevst Evensong	Fr Doug	Joel 2.21-27 1 Timothy 2.1-7	Blair Dave S
13 October 2024	11:00	Eucharist	Rev. Douglas Wren	Job 23.1-9,16,17 Hebrews 4.12-16	Sue J Margaret
20 October 2024	11:00	Eucharist	Archdeacon Clive Hogger	Job 38.1-7[34-41] Hebrews 5.1-10	Chris Sue T
27 October 2024	11:00	Service of the word	D Hughes	Isaiah 55.1-11 2 Timothy 3.14 - 4.5	Julia John
3 November 2024	11:00	Eucharist	Fr Doug	Wisdom 3.1-9 Revelation 21.1-6a	Doreen John
10 November 2024	11:00	Eucharist	Fr Doug	Jonah 3.1-5,10 Hebrews 9.24-28	
17 November	11:00	Eucharist	Jill Edwards	Daniel 12.1-3 Hebrews 10.11-14 [15-18]19-25	Sue T Chris
24 November 2024	11:00	Eucharist	Simon Cade	Daniel 7.9-10,13,14 Revelation 1.4b-8	Julia Sue J
1 December 2024	11:00	Eucharist	Fr Doug	Jeremiah 33.14-16 1 Thessalonians 3.9-13	Doreen Pippa
8 December 2024	11:00	Eucharist	Fr Doug	Baruch 5.1-9 Philippians 1.3-11	Blair Margaret
15 December 2024		No Service			

A note for our readers:

If you find yourself unable to read on your nominated Sunday, please feel free to rearrange yourself without contacting the churchwarden. Additionally, we have a small pool of volunteers who kindly read lessons for us on Sundays. If you would like to join this list, please contact the churchwarden

Services for Ruan Laniorne & Portloe

Date	Ruan Laniorne	Service	Time	Portloe	Service	Time
6th October	Fr Doug Robins	Holy Communion	9.30		Morning Worship	10.30am
13 October 2024					Morning Worship	10.30am
20 October 2024	David Hughes	Matins	9.30		Morning Worship	10.30am
3 November 2024				Fr Doug Robbins	Holy Communion	10.30am

	05:19 H: 4.77m	12:03 L: 0.93m	17:32 H: 5.04m	☾ 07:21 ☽ 18:58	☉
1 TUE					
2 WED	00:24 L: 0.75m	05:53 H: 4.94m	12:37 L: 0.81m	18:07 H: 5.12m	☾ 07:22 ☽ 18:56
3 THU	00:55 L: 0.70m	06:28 H: 5.03m	13:07 L: 0.78m	18:41 H: 5.13m	☾ 07:24 ☽ 18:53
4 FRI	01:22 L: 0.74m	07:02 H: 5.05m	13:33 L: 0.83m	19:14 H: 5.08m	☾ 07:25 ☽ 18:51
5 SAT	01:45 L: 0.82m	07:33 H: 5.01m	13:55 L: 0.91m	19:43 H: 4.98m	☾ 07:27 ☽ 18:49
6 SUN	02:05 L: 0.93m	08:00 H: 4.92m	14:16 L: 1.01m	20:07 H: 4.84m	☾ 07:28 ☽ 18:47
7 MON	02:28 L: 1.07m	08:21 H: 4.81m	14:40 L: 1.14m	20:25 H: 4.68m	☾ 07:30 ☽ 18:45
8 TUE	02:53 L: 1.24m	08:34 H: 4.67m	15:09 L: 1.33m	20:34 H: 4.49m	☾ 07:32 ☽ 18:43
9 WED	03:23 L: 1.48m	08:55 H: 4.50m	15:44 L: 1.58m	21:08 H: 4.24m	☾ 07:33 ☽ 18:41
10 THU	04:02 L: 1.77m	10:02 H: 4.26m	16:32 L: 1.87m	23:01 H: 3.97m	☾ 07:35 ☽ 18:38
11 FRI	05:00 L: 2.08m	11:41 H: 4.11m	17:59 L: 2.10m	☾ 07:36 ☽ 18:36	☉
12 SAT	00:30 H: 3.89m	06:53 L: 2.21m	13:03 H: 4.17m	19:56 L: 1.95m	☾ 07:38 ☽ 18:34
13 SUN	01:56 H: 4.05m	08:34 L: 1.93m	14:22 H: 4.44m	21:16 L: 1.52m	☾ 07:39 ☽ 18:32
14 MON	03:12 H: 4.40m	09:45 L: 1.46m	15:28 H: 4.82m	22:17 L: 1.04m	☾ 07:41 ☽ 18:30
15 TUE	04:07 H: 4.77m	10:42 L: 0.99m	16:21 H: 5.18m	23:10 L: 0.62m	☾ 07:43 ☽ 18:28
16 WED	04:54 H: 5.08m	11:33 L: 0.59m	17:09 H: 5.44m	23:59 L: 0.32m	☾ 07:44 ☽ 18:26

Please Note: Times are adjust for BST where applicable.

	05:38 H: 5.30m	12:21 L: 0.31m	17:56 H: 5.58m	☾ 07:46 ☽ 18:24	☉
17 THU					
18 FRI	00:45 L: 0.15m	06:23 H: 5.42m	13:06 L: 0.16m	18:42 H: 5.59m	☾ 07:48 ☽ 18:22
19 SAT	01:27 L: 0.13m	07:06 H: 5.45m	13:47 L: 0.16m	19:26 H: 5.48m	☾ 07:49 ☽ 18:20
20 SUN	02:07 L: 0.27m	07:46 H: 5.38m	14:25 L: 0.32m	20:07 H: 5.25m	☾ 07:51 ☽ 18:18
21 MON	02:44 L: 0.55m	08:23 H: 5.21m	15:03 L: 0.63m	20:45 H: 4.93m	☾ 07:52 ☽ 18:16
22 TUE	03:20 L: 0.94m	09:00 H: 4.95m	15:42 L: 1.05m	21:23 H: 4.53m	☾ 07:54 ☽ 18:14
23 WED	03:59 L: 1.39m	09:40 H: 4.62m	16:28 L: 1.50m	22:09 H: 4.12m	☾ 07:56 ☽ 18:12
24 THU	04:47 L: 1.83m	10:33 H: 4.27m	17:28 L: 1.90m	23:25 H: 3.77m	☾ 07:57 ☽ 18:10
25 FRI	05:54 L: 2.16m	12:01 H: 4.00m	18:51 L: 2.09m	☾ 07:59 ☽ 18:08	☉
26 SAT	01:33 H: 3.70m	07:25 L: 2.23m	13:53 H: 4.03m	20:45 L: 1.94m	☾ 08:01 ☽ 18:07
27 SUN	02:42 H: 3.90m	08:07 L: 1.99m	13:57 H: 4.25m	20:48 L: 1.60m	☾ 07:02 ☽ 17:05
28 MON	02:32 H: 4.19m	09:04 L: 1.63m	14:44 H: 4.51m	21:31 L: 1.28m	☾ 07:04 ☽ 17:03
29 TUE	03:12 H: 4.47m	09:46 L: 1.32m	15:24 H: 4.73m	22:08 L: 1.05m	☾ 07:06 ☽ 17:01
30 WED	03:47 H: 4.72m	10:23 L: 1.09m	16:01 H: 4.89m	22:43 L: 0.90m	☾ 07:07 ☽ 16:59
31 THU	04:22 H: 4.89m	10:58 L: 0.94m	16:37 H: 4.98m	23:15 L: 0.83m	☾ 07:09 ☽ 16:58

Please Note: Times are adjust for BST where applicable.

VERYAN
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